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International Cooking

Traditional Irish Cuisine

(NAPSA)—Whether for an intimate dinner for two or as part of Sunday dinner plans, traditional Irish cuisine is increasingly popular in homes across the country.

Known for a flavorful, hearty cuisine, the best Irish recipes emphasize fresh meat and fish, home grown vegetables, fruits, rich dairy products and wholesome grains.

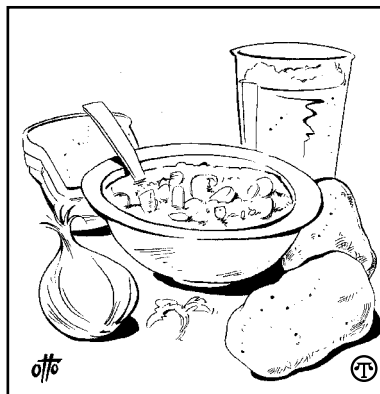
As a complement to the meal, traditional Irish fare is often accompanied by an equally hearty stout beer, such as Murphy's Irish Stout.

Adding Murphy's to your recipes not only gives you a taste of Ireland but also lends a fuller-bodied flavor to many recipes. To help you get the most out of your Irish cooking experience, consider these recipes:

**Murphy's Irish Stew**

- 2 lbs. stew beef
- 2 large onions, chopped
- 2 lbs. potatoes, peeled, sliced
- 1 garlic clove, crushed
- 1/2 tbsp. chopped parsley
- 1/2 tbsp. fresh thyme (optional)
- 1 1/4 cup Murphy's Irish Stout
- 1 cup water
- salt and black pepper

In a large stock pot or casserole dish, layer beef, potatoes, onions and garlic, parsley and thyme. Add water and Murphy's Irish Stout. Cover with aluminum foil and lid. Simmer for 2-3 hours, occasionally stirring gently. Salt and pepper to taste.



You won't have to stew about creating great hearty stews and other delicious dishes if you follow the Irish.

**Murphy's Irish Stout Ice Cream and Bread**

- 3 eggs
- 6 oz. wheat bread crumbs
- 1 1/2 cups heavy cream
- 1/4 cup granulated sugar
- 1/2 cup light brown sugar
- 1/3 cup Murphy's Irish Stout

Preheat oven to 475°. In a large mixing bowl combine bread crumbs with light brown sugar. Spread evenly on a cookie sheet and bake for 10 minutes until sugar has caramelized.

Whisk eggs and granulated sugar until thick. Add cooled bread crumbs. Slowly add Murphy's Irish Stout and heavy cream. Whisk until thick. Place mixture in a storage container with lid. Freeze overnight.